

## Helpful organisations

These are other places that you can call if you would like their support. We can also contact them for you.

Survivors UK: 0203 598 3898

Male Survivors Partnership: 0808 800 5005

Victim Support: 0808 168 9111

ChildLine (24hr helpline for under 18s):  
0800 1111

National Centre for Domestic Violence:  
0800 970 2070

National Rape Crisis: 0808 500 2222

The Samaritans (24hr mental health helpline):  
116 123

Mankind Initiative: 01823 334244

Safeline National Male Survivor Helpline:  
0808 800 5005

Tel: 0330 223 0099  
[www.sarc-msas.co.uk](http://www.sarc-msas.co.uk)



## Contact Us



01622 726461

[www.beechhousesarc.org](http://www.beechhousesarc.org)



01932 867581

[www.surreysolace.org](http://www.surreysolace.org)



01293 600 0469

[www.saturncentre.org](http://www.saturncentre.org)



0330 223 0099

If you or a male you know have experienced sexual violence or abuse, we are here to help.



# What is MSAS?

MSAS is a male specific project that operates across Kent, Surrey and Sussex, working to actively engage men and boys who have been victims of unwanted sexual contact.

The project stands alongside each Sexual Assault Referral Centre (SARC), offering males a unique environment to receive information and make an informed decision.

## How we can support you

We are here to make sure that you are heard and get the help you need in taking the next steps. If you do not want to, you do not have to tell us your name and we can still help. You can contact any of the SARCs in Kent, Surrey, or Sussex at any time by phone or email.

## Our services

- Talk to someone about your experience and get emotional support
- Get advice about what services are available to you
- Be referred to health services for an examination
- Report someone anonymously to the police

## Supporting someone else

If you would like to talk to us about something that has happened to a friend, relative, or other person, we can discuss our services and offer emotional and practical support.

## Unwanted sexual contact within the past 72 hours

If something has happened to you within the last 3 days (72 hours) then we would like to invite you to attend one of our SARCs as soon as possible. This can help to preserve any evidence.

At your appointment we would help you decide if you would like evidence gathering and ensure your health care needs are met.

This does not have to involve the police, although we can contact them on your behalf if you would like their help.

## Making an appointment

Our centres do not offer a drop-in service so you will need to call or email us to make an appointment. If you prefer, the police can also make an appointment for you.

Depending on your needs, we may offer a specific time for you to attend the SARC. We may ask you to come quickly, or within a few hours. We will give you directions to the SARC when making your appointment.

If you have asked for the police to be involved, they will usually bring you to and from the centre.

## Arriving at the SARC

When you arrive at one of our centres, you will meet one of our crisis workers who will be with you during your time at the centre to help you and answer any questions you may have. You can request a male worker if this makes you more comfortable.

You can also bring someone with you to the centre to support you.

“Talking to the team, I feel understood and that they empathise with me. Other services I have used in the past have been very bland and not very helpful. I would rate this service 5 out of 5.”

## Medical examination

If something has happened within the last 3 days, we will give you the opportunity to have an examination. We will go over a few questions and talk through the available options, once again to make sure that you understand and are fully informed. The examination will be carried out by a specially trained nurse or doctor.

## After the examination

When the examination is over, your nurse or doctor will explain what they saw when they examined you. They will then let you know if you need to have any future appointments so that you are healthy and safe.

If you want to, you can then take a shower at the centre and change your clothes. You can also relax in our lounge and ask your crisis worker any questions you may have. We have drinks and snacks for you in case you get hungry. Please let a member of our staff know if you have any food allergies.

## Take care

Before you leave the SARC, we will give you some information to take away with you on the care you have received, any medication you have been prescribed and details of any further appointments you may have. We will call you in 6 weeks to see how you are doing and to find out if you need any additional support.